[Claims]

[Claim 1]

A glucose uptake inhibitor in fat cells comprising catechin gallate as an effective component.

[Claim 2]

An insulin stimulation-responsive glucose uptake inhibitor comprising catechin gallate as an effective component.

[Claim 3]

A GLUT4 translocation inhibitor in fat cells comprising any one of catechin gallate, catechin having a gallate ester and a tea extract as an effective component.

[Claim 4]

A glucose uptake activator in muscle cells comprising any one of catechin gallate, catechin having a gallate ester and a tea extract as an effective component.

[Claim 5]

A food for reducing fat prepared by adding isolated catechin gallate.

[Detailed Description of the Invention]

[0001]

[Industrial Applicability]

The present invention relates to a new use of a tea extract obtained by extracting tea (Camellia sinensis) and its components, in particular a new use in glucose uptake.

[0002]